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ABSTRACT

GRADES OR AGES: Grades 7-12. SUBJECT MATTER: Advanced field hockey. ORGANIZATION AND PHYSICAL APPEARANCE. Course guidelines, description, and a broad goal statement are presented and behavioral objectives listed. Course content and learning activities to meet the skill objectives are also presented. A 14-item bibliography is included. OBJECTIVES AND ACTIVITIES. The course is designed to teach advanced skills and strategies for successful participation in a team sport at a high level of competition. Objectives are listed in the following categories: basic skills, observation skills, course content knowledge, and social and personal attitudes. One section of the guide is devoted to learning activities to achieve these objectives. INSTRUCTIONAL MATERIALS: None given. STUDENT ASSESSMENT: Evaluation measures are included. (HMD)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

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PHYSICAL EDUCATION

Advanced Field Hockey

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DADE COUNTY PUBLIC SCHOOLS

DIVISION OF INSTRUCTION • 1971

ED 093876

ADVANCED FIELD HOCKEY

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PHYSICAL EDUCATION

Written by

Billye J. Lowe

For The

DIVISION OF INSTRUCTION

Dade County Public Schools

Miami, Florida

1971

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ADVANCED FIELD HOCKEY

I. COURSE GUIDELINES FOR COURSE NUMBER 5551.22
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A. Student Classification: Girls
B. Grade Level: 7-12
C. Level of Performance: Advanced
D. Suggested Prior Experiences: Fundamental Field Hockey
E. Subject Status: Elective
F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND ACCREDITATION STANDARD BROAD GOAL

Junior High: 9.8414
Senior High: 9.9417

A. Description

Advanced field hockey is designed to teach advanced skills and strategies for successful participation in a team sport at a high level of performance.

B. Methods and Evaluation

The course will consist of review of fundamental skills, practice of advanced skills presented, viewing of films, participation in class and intra school tournaments, officiating and evaluation techniques.

C. Areas of Concentration

Class periods will be devoted to skills review practice, demonstration and practice of new skills, techniques, strategies, tournaments and officiating procedures.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Observation Skills Objective: 40% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

All students will demonstrate ability in advanced field hockey skills, strategy and tactics which will be practiced and developed in class periods by means of game play and drill activities. The majority of students will display sufficient ability to play in game situations and will be measured by competencies described in the identification of each skill listed in course content. Each student's progress and performance in the skills listed below will be evaluated by teacher judgment, by observation, checklist and/or annotations.

a. Flick
b. Jab
c. Scoop
d. Strategy
e. Teamwork
f. Officiating
g. Position Play

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-g.

B. Basic Skills Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

All students will participate and be rated in at least three skill tests and the majority of students will achieve an average or better score. These tests will be set up and administered according to the scoring and procedure specifications listed in Section VI or other authoritative sources.

a. Penalty Corner
b. Roll-In
c. Bully
d. Free Hit
e. Tackle
f. Scoop

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-f.

C. Course Content Knowledge Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

All students will respond to a test on field hockey and the majority of students will achieve an average or better score. This test will be based on the Advanced Field Hockey Quinmester course content and class discussions, and will include some questions in all of the following areas:

a. Terminology
b. Rules of play
c. Officiating
d. Analysis of plays
e. Position recognition

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-e.

D. Social and Personal Attitudes Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

Social and personal attitudes displayed by all students will be evaluated by observation, checklist, and/or annotation by the teacher throughout the entire unit. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. This evaluation will be based on the following social and personal attitudes:

a. Alertness to class procedure and activities
b. Fairness to other students and teachers
c. Good sportsmanship
d. Emotional control
e. Consideration of others
f. Playing courtesies
g. Team work
h. Willingness to participate

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-h.

IV. COURSE CONTENT
(This section may be duplicated for distribution to students.)

A. History of Field Hockey

Refer to page 5 .

B. Description of Field Hockey

Refer to page 5 .

C. Terminology

Refer to page 5-7 .

D. Playing Courtesies

Refer to page 7 .

E. Social and Ethical Values

Refer to page 7-8 .

F. Equipment and Playing Area

1. Refer to page 8-9 .

2. Care of equipment and field

a. Sandpaper rough edges of stick
b. Tape splintered areas of stick
c. Wax or varnish the stick periodically
d. Store sticks in a cool dry place
e. Repaint balls periodically
f. Pinnies washed and repaired after each game
g. Grass mowed even and often
h. Reseed field in the spring

G. Safety Procedures

Refer to page 9 .

H. Rules and Regulations

Refer to page 10-12 , and the latest rule book.

I. Techniques

1. Grip

Refer to page 12 .

2. Footwork

Refer to page 12 .

3. Carrying Position

Refer to page 12 .

4. Fielding the Ball

Refer to page 12 .

a. Foot. The ball may be legally trapped with the foot by placing it on top of the ball and lowering the heel whereby avoiding any movement of the ball once it comes in contact with the foot. Advancing the ball is illegal and will be called by the umpire should the ball bounce off the foot.

b. Hand. In case the ball is in the air it is legal to catch and drop the ball immediately to the ground. This stop is used only in special situations and could be dangerous; therefore, it is usually not recommended.

5. Dribble

Refer to page 13 .

6. Pass

Refer to page 13 .

a. Flick. This pass is very similar to the push pass in that a backswing is not used and a low long follow through is necessary. The right hand is moved down the shaft as the player reaches forward and to the right to position the stick slightly under the ball. As the push is given to the ball the left hand rotates the stick quickly to the left causing the ball to rise slightly with a spin. The flick is short and difficult to intercept; therefore, perfection of this skill enhances the players offensive maneuvers.

b. Scoop. Even though the scoop is easily anticipated by the opponent, it is effective as a shooting, dodging, or passing technique. The right hand is positioned approximately nine inches below the left hand and top of the handle. The stick's toe is placed under the ball. With a lifting action from the right hand and a pushing action from the left hand the ball is raised a few inches up and forward. The forward impetus should coincide with the purpose in using the scoop.

7. Drive

Refer to page 13 .

8. Tackles

Refer to page 13-14

a. Right-hand Lunge. The player with the ball is on the tackler's right. Skills used in this tackle are the same as those used for the left-hand lunge with the exception of two items. The hand position and stick position are reversed. The toe of the stick actually stops the ball. This is a weak tackle and should be avoided when possible.

b. Jab. This tackle may be executed from the opponents left, right or straight forward. Either hand is near the top of the stick (depending on the side of the tackler). A long reach with an extended arm enables the tackler to use quick jabs in an effort to spoil the opponents control of the ball. Like the right-hand lunge, this is a weak defense tactic and should be used sparingly.

9. Dodges

Refer to page 14 .

a. Reverse Stick. As the tackler approaches reverse the stick and pull the ball to the right. Continue dribbling forward or pass to a teammate.

b. Scoop Dodge. Executed the same as a scoop pass (page____). The ball is scooped over the opponents stick and proceeds in a forward direction.

c. Triangular. As the opponent approaches the player with the ball, a short pass to a teammate evades the tackler. The passer then runs to the stick side of the tackler and receives the ball again by a short pass from her teammate.

10. Roll-In

Refer to page 14 .

11. Bully

Refer to page 14 .

J. Strategy and Tactics

1. Position play

Refer to page 15-18.

2. Strategy

Refer to page 19 .

3. Tactics

Refer to page 19-20.

a. Individual

(1) Offense. All forwards and halfbacks should be skilled in drawing, dodging, passing, shooting and picking up passes. Drawing, similar to feint in basketball, is used to get an opponent out of position. This can be accomplished by moving to right or left and taking the opponent with her. The pick up pass is used to gain control of the ball without stopping the forward motion of the ball. The forward should face in the direction she wishes to take the ball after the pick up.

(2) Defense. The prime objective of individuals playing halfback and fullback should be to get the ball and put their team on the offense. It is important to play your position yet work as a team. You should outwit the opponent and anticipate her actions. Mark your opponent and stay with her. Experience will contribute to your effectiveness. Place yourself in a position to intercept or tackle the ball. Many times this action will hurry the opponent's pass. Emphasize tackling back as soon as the opportunity permits. Clearing, a hard hit to get the ball out of the circle, should be directed toward the sideline or through an open space and to a teammate. Wild hitting only results in fouls or giving the ball to the opponent. The goalkeeper must keep her eye on the ball and watch for all possible angles the ball may be hit to score. Depending on the angle, she can set herself up and cover the shot to prevent a goal being scored. The "goalie" should have a clear view and not be obstructed by her own fullbacks.

b. Team

(1) Offense. Individual players must play their positions. Forwards need to be skilled in executing the triangular pass and be alert to breaks in the game. Rushing or following-up a shot for the goal reveals the determination of competitive players and may result in a point scored. Halfbacks back up the forward line ready to pick-up passes should the opposing team tackle the ball and/or intercept clearing shots. The team should be encouraged to use creative play, to vary the style of play, and to foster alertness to play.

(2) Defense. The backs marking the forward line of the opposing team must also take advantage of open spaces and anticipate passes. Caution should be used against gathering around the ball. Diagonal, rather than vertical or horizontal, lines of attack should be included in the general plan of a team's defense. Within the circle, if the ball goes past all defending players, let the goalkeeper do her job. Each team should work as a group and develop tactics as the individual's skill improves.

K. Officiating

1. Refer to Quinmester Course Sports Officiating for Girls to obtain general procedures, practices, skills and techniques of officiating.

2. The latest official rule book, Field Hockey-Lacrosse, will give the procedures, skills and rules pertaining specifically to field hockey.

L. Recommended Student Resources

1. Books

a. Barnes, Mildred J.; Fox, Margaret G.; Scott, M. Gladys and Loeffler, Pauline A. Sports Activities for Girls and Women. New York: Appleton-Century-Crafts, 1966.

b. Blunt, Margaret; and Holt, Doris. Sports Officiating for Girls. Miami, Florida: Dade County Public Schools, 1971.

c. Bucher, Charles A. Physical Education for Life. New York: Webster Division of McGraw-Hill Book Company, 1969.

d. Deland, Anne Lee. Field Hockey. Iowa: William C. Brown Co., 1966.

e. McCue, Betty Foster. Physical Education Activities for Women. London: Collier-Macmillan Limited, 1969.

f. Miller, Arthur G.; Willgoose, Carl E. and Wylie, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Company, 1970.

g. Seaton, Don Cash; Clayton, Irene A.; Leibee, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1969.

2. Bulletin

Joseph, Margaret and Oswald, Jane A. (ed.). Field Hockey-Lacrosse. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-72.

V. LEARNING ACTIVITIES

A. Recommended Warm-Up Exercises

Refer to page 21 .

B. Tournaments

Refer to quinmester course Adapted Physical Education.

C. Drills and Skills Practice Techniques

1. Ball Control Drills

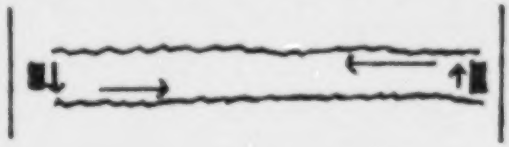
a. Player moves the ball from right to left using reverse stick and a stop. The feet do not move from a stride position but the weight is transferred from one foot to the other foot.

b. Players stand 2 or 3 feet apart using the flat part of the stick to catch and throw the ball.

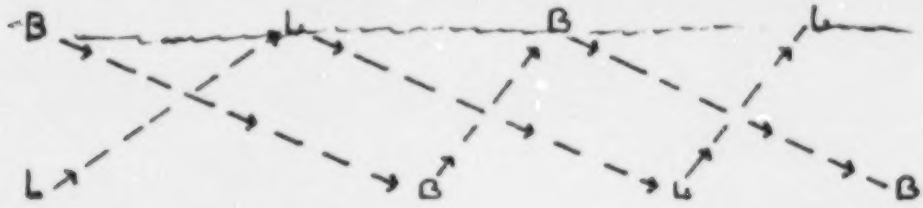
c. Player bounces the ball on her own stick using the flat portion to contact the ball.

2. Passing Drills

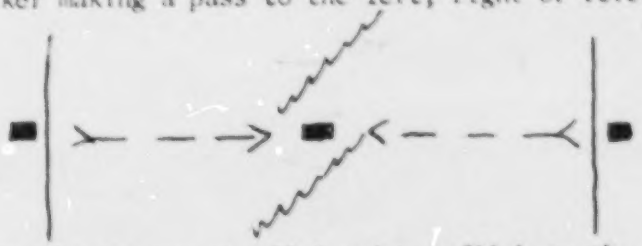
a. Two players, stand 5 yards apart, pass back and forth using reverse stick to draw the ball to the right side.



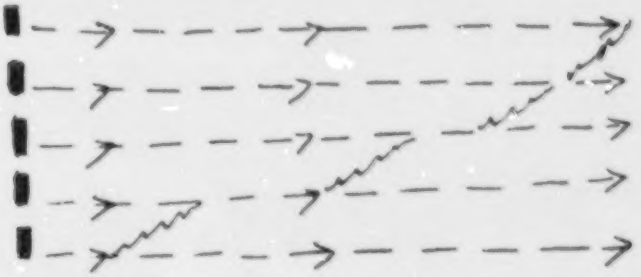
b. Two players run parallel. Player "B" passes straight ahead as player "L" runs to receive the pass. "B" and "L" exchange places but the ball continues in a straight line.



c. Two players on opposite sides start dribbling toward the same marker making a pass to the left, right or reverse sticks.

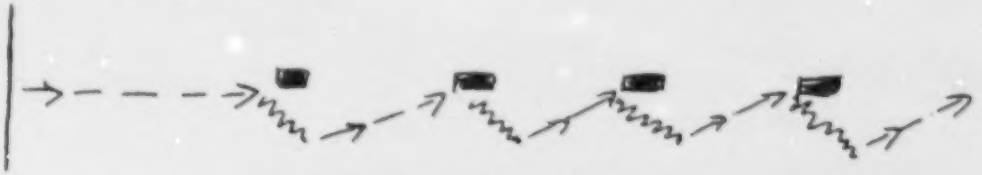


d. Five players run parallel using a flick to the left and starting with the player on the right.

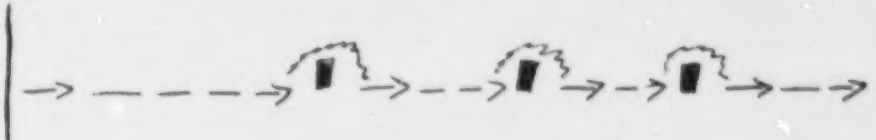


3. Dodging Drills

a. Dribble toward an obstacle using a reverse stick to the right and continue dribbling to the next obstacle, etc.



b. Dribble toward a player, performing a scoop dodge over the stick of the stationary player and continue dribbling, etc.



c. Player "B" dribbles the ball to an obstacle and quickly passes right to a teammate who passes back to "B" as she goes around the obstacle to the left.

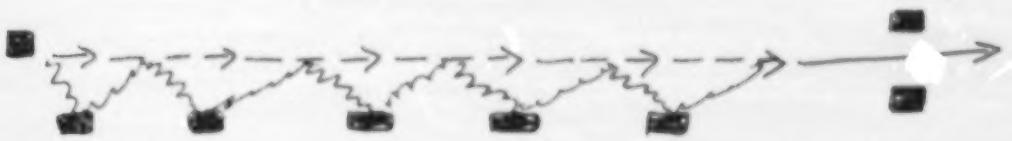
d. Player "B" dribbles toward the marker as player "L" runs behind "B" to receive a pass from "B" on her stick side.

4. Shooting Drills

a. Dribble toward the obstacle using a reverse stick dodge and shooting for a goal.

b. Same as "a" replacing a left dodge for the reverse stick.

c. Player "B" runs in a straight line passing back and forth to each teammate along the line before shooting for the goal.



D. Suggested Lesson Plan Progression

1. First and Second Week

a. Review back skills
b. Review playing rules
c. Review general strategy
d. Game play
e. Introduce and practice
(1) The flick
(2) Reverse sticks

2. Third and Fourth Week

   a. Drill on flick pass
   b. Demonstrate and practice
      (1) Scoop pass and dodge
      (2) Triangular pass
      (3) Right-hand lunge
      (4) Jab
      (5) Foot stop
   c. Game play
   d. Officiating practice

3. Fifth and Sixth Week

   a. Review skills from 2 b.
   b. Strategy sessions
      (1) Corners (long and short)
      (2) Bully
      (3) Roll-in
      (4) Free hit
   c. Tournament play
   d. Officiating

4. Seventh, Eighth and Ninth Week

   a. Team and individual strategy
   b. Position play
   c. Tournament play
   d. Officiating
   e. Skill tests
   f. Written and/or oral test

E. Recommended Teacher Resources

1. Books

a. Andrews, Emily R.; Smith, Helen W.; Squance, Mary Lou Paul; Russell, Marion. Physical Education for Girls and Women. Englewood Cliffs: Prentice-Hall, Inc., 1963.

b. Barnes, Mildred J.; Fox, Margaret G.; Scott, M. Gladys and Loeffler, Pauline A. Sports Activities for Girls and Women. New York: Appleton-Century-Crafts, 1966.

c. Bucher, Charles A. Physical Education for Life. New York: Webster Division of McGraw-Hill Book Company, 1969.

d. Deland, Anne Lee. Field Hockey. Iowa: William C. Brown Company, 1966.

e. Hamiston, Dorothy and Michael, Dorthy. Fundamentals of Sports for Girls and Women. New York: The Ronald Press Company, 1965.

f. Lowe, Billye J. Adapted Physical Education. Miami, Florida: Dade County Public Schools, 1971.

g. McCue, Betty Foster. Physical Education Activities for Women. London: Collier-Macmillan Limited, 1969.

h. Meyer, Margaret H. and Schwarz, Marguerite M. Team Sports for Girls and Women. Philadelphia: W. B. Saunders Company, 1965.

i. Miller, Arthur G.; Willgoose, Carl E. and Wylie, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Co., 1970.

j. Miller, Donna Mae and Ley, Katherine L. Individual and Team Sports for Women. New Jersey: Prentice-Hall, Inc., 1956.

k. Paterson, Ann (ed.). Team Sports for Girls. New York: The Ronald Press Company, 1958.

l. Seaton, Don Cash; Clayton, Irene A.; Leibee, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1969.

2. Films

The following films may be obtained through Janet Hollack, 1005 Jefferson Davis Boulevard, #238, Fredericksburg, Virginia 22401.

a. Wembly Way. Produced by All England Women's Hockey Association. Game techniques and advanced play. 2 reels, 45 minutes. Rental fee: Members, $7.50 per day. Nonmembers, $10.00 per day. Available Fall 1970.

b. Hockey--Improve Your Game. Produced by All England Women's Hockey Association. Game Techniques. 1 reel, 1600 feet, 60 minutes. Rental fee: Members, $7.50 per day. Nonmembers, $10.00 per day.

c. Hockey Strokes. Fundamentals of the game. Produced by the Scottish Women's Hockey Association. 1 reel, 800 ft., 40 minutes. Rental fee: Members, $7.50 per day. Nonmembers, $10.00 per day.

d. Goalkeeping Techniques. Beginning and intermediate goalkeeping skills, 1 reel, 400 ft., 15 minutes. Rental fee: Members, $3.50 per day. Nonmembers, $5.00 per day.

e. Women's Hockey Umpiring. Produced by All England Women's Hockey Association. Umpiring, advanced game play. 1 reel, 25 minutes. Rental fee: Members, $7.50 per day. Nonmembers, $10.00 per day.

f. England vs. United States. Complete record of the match played at Wembly Stadium, London, March 10, 1962. 2 reels, 1600 ft., each reel, 90 minutes. Rental fee: Members, $10.00 per day. Nonmembers, $15.00 per day.

g. 1963 Conference Film--U.S.A. vs. Germany. Opening parade of 1963 IFWHA Conference is included in this film. 1 reel, 500 ft., 35 minutes. Rental fee: Members $7.50 per day. Nonmembers, $10.00 per day.

h. 1963 Conference Film---U.S.A. vs. England. Final match of the 1963 IFWHA Conference and closing ceremony are included in this film. 1 reel, 500 ft., 35 minutes. Rental fee: Members, $7.50 per day. Nonmembers, $10.00 per day.

3. Others

a. Bulletin Board Material

Wall Charts--Action pictures show at a glance how power and accuracy can be allied with style and grace.

Set No. 1--Position of hands, drive, dribble, push.
Set No. 2--Goalkeeping, three methods of tackling.
Set No. 3--Four methods of dodging.
Set No. 4--Bullies and roll-ins.
Set No. 5--Players in action.
Set No. 6--Four sheets of fine action photographs.
Set No. 7--New set of 5 sheets on goalkeeping.

Available from Gertrude Hooper, 242 Highland St., Milton, Mass. 02186. Send for a price list.

b. T. M. Series

1--Basic position--diagrams
2--Corner play--pictures
3--Goalkeeping--pictures
4--Reverse Stick Technique--pictures
5--Selected Team Position--articles
6--"Reach," "Twist"--pictures
7--"Super Speed," "Foxy Hockey"--pictures
8--Hockey In A Capsule--article

"Shoot to Score"--Attack Play poster
"Do's and Don'ts"--poster

Available from the USFHA. Send for price list and order form to Eloise Williams, 617 Gramer Rd., Moorestown, N.J. 08057.

c. Jesseph, Margaret and Oswald, Jane A. (ed.). Field Hockey-Lacrosse. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-72.

d. Richey, Betty (ed.). Selected Field Hockey and Lacrosse Articles. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970.

e. United States Field Hockey Association. Women's Hockey. London: Educational Productions Ltd., 1950.

VI. EVALUATION PLANS

A. Skill Tests

Refer to page 34 .

1. Corner shooting

a. Purpose

To measure speed and accuracy of goal shooting from corner plays.

b. Equipment

(1) Hockey sticks
(2) Hockey ball
(3) Calfine
(4) Stop watch

c. Field markings

d. Procedure

The player taking the test stands directly opposite the outside of the circle. The ball is placed on the penalty corner mark. As the ball is hit the player crosses the circle line, dribbles and shoots for the goal.

e. Scoring

Time starts when the ball is hit from the corner mark and runs until the ball legally crosses the goal line. The best of three trials is recorded.

2. The Scoop

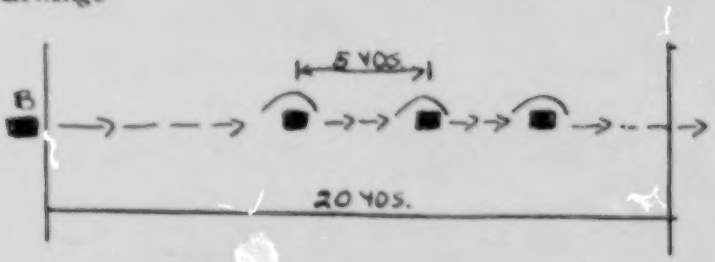
a. Purpose

To measure speed and ability in executing the scoop.

b. Equipment

(1) Hockey stick
(2) Hockey ball
(3) Markers
(4) Stop watch

c. Field Markings



d. Procedure

Three girls placed 5 yards apart place their stick perpendicular to and on the ground at their right side. Player "B" dribbles the ball making a legal scoop over each of the three sticks and continues dribbling over the finish line.

e. Scoring

Time starts on the signal "Go" and stops when both the player and the ball have crossed the finish line. The average of three trials is recorded.

3. The Flick

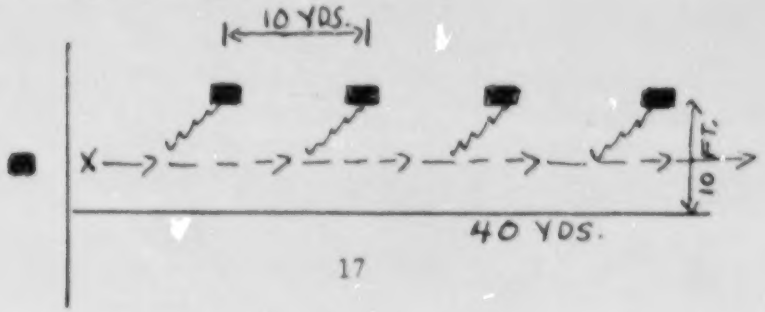
a. Purpose

To measure the accuracy and ability to execute a flick.

b. Equipment

(1) Hockey stick
(2) Hockey ball
(3) Calfine

c. Field Markings



d. Procedure

Hockey balls are placed on the "X's" indicated in the drawing. The player runs in a straight line dribbling and making a flick pass using the circles as targets. This procedure continues for the remaining three balls making a total of four balls hit.

e. Scoring

One point is scored for each ball flicked into and remaining in the circle. The total points scored for five trials is recorded with the highest possible score being 20 points. A ball remaining on the circle line is counted as one point.

B. Suggested Appraisal Forms

Refer to page 38-39.

C. Written and/or oral test items

Refer to page 39 .

D. Subjective Annotations

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